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INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
SEPTEMBER 4, 1935 (WEDNESDAY)

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --
Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --
Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry
or cheese

PICKLES -- AND A WORD ABOUT DILL

What are pickles? We speak of preserves and pickles in the same breath, and the fact is that pickles are preserves of a particular kind. When we say preserves we mean foods put up in sugar -- to preserve them. Pickles are foods put up in brine or vinegar -- to preserve them. In either case what happens is that the ripening process and the spoiling process in the fruit or vegetable used for pickles is stopped or prevented because the enzymes, bacteria, molds, and other organisms that cause these changes cannot live in so much sugar or brine or vinegar.

The quality of homemade pickles (and all other pickles, for that matter) depends first of all on the quality of the materials used in the making, says the Bureau of Home Economics of the U. S. Department of Agriculture. Fruits and

vegetables should be fresh, they should be of high quality, and they should be sorted for size and ripeness. When peaches, cucumbers, and other fruits and vegetables are pickled whole it is important to have the lot uniform, because then the pickling liquid can penetrate and season them evenly.

Use high quality spices, also -- but not too much spice, for the flavor keeps on coming out of them as the pickles stand.

Fresh cider vinegar is preferred for pickling -- but for onions alone, to prevent discoloration, use distilled vinegar which is clear and colorless.

Granulated sugar is usually better than brown sugar in pickles, but sometimes a little brown sugar gives richness.

Of the three types of pickles usually made at home, the easiest to make are the fruit pickles, such as whole peaches, crabapples, or pears, cooked in a spicy sweet-sour sirup. (Watermelon pickle is more complicated.) Then there are quick-process pickles made from vegetables salted down overnight and combined with spices and vinegar the next day. Next are brined pickles, or fermented pickles, which go through a curing process lasting from two weeks to two months.

For short brining a 5 percent salt solution is used, and fermentation is rapid. Dill pickles, and the large sour cucumber pickles are made this way. For long brining a 10 percent salt solution is used, and fermentation is slower -- usually it is not complete in less than four to eight weeks. The long-brined pickles keep better than the short-brined and it is often convenient to put vegetables into brine as they come along in season, to be made into sweet pickles, mustard pickles and other mixtures later. Green peppers, green tomatoes, onions, cauliflower, and snap beans as well as cucumbers cured by long-brining, make good combinations for mixed pickles.

In general, pickles keep better if sealed airtight. Sometimes they will keep satisfactorily in covered jars in a cold place, but there is danger of spoilage.

RECIPES

Watermelon Pickle

4 pounds watermelon rind
Limewater made with 2 quarts cold water and 10 grams, or 2 tablespoons, of lime (calcium oxide)
2 quarts vinegar
1 pint water
4 1/2 pounds granulated sugar
2 tablespoons whole allspice
2 tablespoons whole cloves
10 two-inch pieces stick cinnamon

Select rind from a firm, not overripe melon, and before weighing trim off green skin and pink flesh. Cut in inch cubes and soak for 2 1/2 hours in the limewater. Drain, cover with fresh water and cook for 1 1/2 hours, or until tender, and add more water as it boils off. Let stand overnight in this same water, and next morning drain. Bring to the boiling point the vinegar, 1 pint of water, the sugar, and the spices tied loosely in cheesecloth. Add the drained watermelon, and boil gently for 2 hours, or until the sirup is fairly thick. Remove the spice bag, pack the watermelon pickle in sterilized glass jars, seal airtight, and store in a cool place.

Pickled Onions

4 quarts small white onions
1 quart white vinegar
1 pint water
1/2 cup sugar
2 tablespoons whole pickling spice
2 teaspoons salt

Dip the onions in boiling water and let stand 2 to 3 minutes. Cool immediately in water. Cut a thin slice from the root end of the onions and slip off the skin. Mix the vinegar, water, sugar, spices, and salt, and heat to the boiling point. Pour over the onions, which have been packed in sterilized jars. Partially seal the jars and process in a boiling water bath for 30 minutes. Seal and store. The use of white or colorless vinegar prevents discoloration of the onions.

Dilled Cucumbers or Green Tomatoes

40 to 50 cucumbers or green tomatoes
2 ounces mixed pickle spices
Fresh or dried dill
1 pint vinegar
1 pound salt
4 tablespoons sugar
2 gallons water

Use fresh-picked cucumbers or green tomatoes of uniform size and free from blemish. Wash them well and drain. Into a 5-gallon crock place a layer of dill and spice. Fill the jar with the cucumbers or tomatoes to within 4 or 5 inches of the top. Mix the vinegar, salt, sugar, and water, and pour over the vegetable. Place a layer of dill over the top. Cover with a heavy plate and weight it down to hold the vegetable under the brine. Use only enough brine to cover, for as the liquid is drawn from the vegetable the jar may overflow. Each day remove the scum that forms over the top and keep the pickles at even room temperature, about 70° or as warm as 86°F. if possible. In about 2 weeks the pickles are ready to use -- crisp, well-flavored with dill, and clear throughout with no white spots when cut.

For storage, pack the cured pickles in sterilized quart glass jars, and add 1/2 cup of vinegar to each. Fill up the jars with the pickle brine, but first strain it, bring it to the boil, and cool. Seal the jars airtight, and store in a cool dry place.

Miss Miriam Birdseye, of the Extension Service of the U. S. Department of Agriculture, has some suggestions for using dill leaves in other ways than for pickle. Many people who grow this favorite old-time pot-herb do not know or realize how delicious a seasoning they have in the tender spicy young leaves of the plant before it goes to seed. In creamed chicken or creamed shrimp, suggests Miss Birdseye, use enough chopped leaves of dill to flavor the sauce and color it bright green. Over broiled lamb chops, fried fish, veal cutlet, or steak, sprinkle a generous pinch of chopped dill on each piece, and pour over it a little very hot butter or fat to bring out the flavor. Bits of the leaves may also be added to salads, omelets, scrambled eggs, or even to soups.

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INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
Office of Information
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
SEPTEMBER 11 (WEDNESDAY)

1935

THE MARKET BASKET
by
Bureau of Home Economics, U.S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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"HOMOGENIZED" MILK FOR SCHOOL LUNCHES

To parents, teachers, dairymen, and for that matter, everybody else, comes another recommendation about milk, particularly about the milk served to children at school. The Bureau of Dairy Industry of the U. S. Department of Agriculture makes this recommendation, and the Bureau of Home Economics passes it along with other suggestions about school lunches--for school days are here again.

The recommendation is that milk for the schools be "homogenized". That does not mean adding anything to the milk, or changing its food content. It means putting the milk through a machine which blends the cream part so thoroughly with the rest of the milk that the cream cannot rise to the top and no "cream line" ever appears. Ice cream manufacturers do this, and some dairies do it, to

make the milk smoother and more evenly rich. But in most milk as delivered to homes or to schools, the cream has risen to the top of the bottle.

This is all very well when you want to use the cream by itself. But if this milk is for the children to drink, whoever gets the first glass poured from the bottle gets practically all the cream. Even though you shake the bottle you can't mix it thoroughly without shaking pretty hard for a long time. When the school child drinks his milk through a straw, even though he drinks all he can, he is likely to leave much of the cream behind. If he doesn't empty the bottle, he drinks chiefly skim milk--losing not only the cream, but the valuable vitamin A in the butterfat which the cream contains.

This is not just theory or guesswork. Scientists made a study of the subject to see just how much cream was going to waste this way. In 16 cities in different parts of the country they found out how much milk was left in the school children's bottles as a rule, and how much of that was cream. Some children of course drank all they had--a half-pint bottle each time. Others left a good deal in the bottle--as much as a third or more. The average amount of "leavings" was nearly 6 percent of the whole amount served to the child.

But that was not the whole story. Of this milk that was left, a considerable proportion was butterfat--nearly 16 percent on the average. This was of course due to the fact that the milk and cream had not been well-mixed in the bottle, and the child's straw usually drew from the bottom.

But, you say, "Why not shake the bottle before the child drinks the milk?" For anybody who is serving school children to shake each bottle thoroughly before the child gets it would take too much time. And it wouldn't be practicable to rely on the children to shake their own.

So the answer is, according to Ernest Kelly, chief of the Division of Market Milk Investigations of the Bureau of Dairy Industry, "Have the school milk, at least, homogenized." Some dairies already have the machines. Others would doubtless install them if parents and school authorities demanded it. It would not pay a dairy to homogenize a few gallons of milk a day, of course, but the milk supply for schools amounts to a lot in any city. The process could go on in connection with the pasteurizing process which is common in most communities, and the additional cost would not be appreciable, once the machine was installed.

What happens when milk is homogenized is this: Cream contains the fat of milk (butterfat), in tiny globules which are scattered all through the milk when it comes fresh from the cow. The globules are too small to see without a miscroscope, but they can be made still smaller in the homogenizer where the milk is forced through very small openings under heavy pressure. Then the extremely small fat globules remain scattered about in the milk instead of rising to the top. With homogenized milk for school lunches, the children would get all the fine food values milk contains, including the fat and the vitamin A that is in the fat.

And now for the rest of the school lunch -- which, by the way, is coming to be a regular thing in more and more schools every year. In the rural schools, extension workers report nearly everywhere the spread of the hot-lunch idea and the benefits to the children, who get at least one hot dish, and maybe a hot meal in the middle of the day. They relish this, and usually eat more than they do when they have just sandwiches or cold food, perhaps not so inviting, which they bring along from home. Where county or city does not provide school lunches, home demonstration clubs, 4-H clubs and parent-teacher groups often run them.

Here are suggestions from the Bureau of Home Economics for one week's school lunch menus:

1.

Creamed mixed vegetables with sliced egg
Whole-wheat bread and butter sandwich
Orange, milk

II.

Liver and tomato with spaghetti
Bread and butter sandwich
Fruit, milk

III.

Vegetable soup
Cottage cheese sandwich on raisin bread
Fruit, milk

IV.

Corn chowder
Lettuce sandwich
Orange, milk

V.

Creamed fish with vegetables
Bread and butter sandwich
Orange, milk

And here is the recipe for serving the creamed mixed vegetables to 50 children:

2-½ pounds pared turnips, diced
4 pounds scraped carrots, cut in strips
4 pounds pared potatoes, diced
2 quarts water
6 ounces butter or other fat
3 ounces flour (¾ cup)
2½ quarts milk, and if desired, 6 ounces dried skim milk
5 tablespoons salt
3½ pounds trimmed cabbage, chopped
50 hard cooked eggs, cut in halves

Boil the turnips, carrots, and potatoes in the water, covered. Prepare a sauce of the fat, flour, and milk. Add the cooked vegetables, salt, and cabbage, and simmer about 10 minutes, or until the cabbage is tender. Serve over the hot hard-cooked eggs. (To increase the milk solids in this recipe add 6 ounces of dried skim milk by mixing with the fluid milk.)

Total measure cooked, 9 quarts plus 50 eggs; 50 servings, each 2/3 cup plus one egg. Total cost, wholesale prices, Washington, D. C., February 1934, $1.57; per serving, $0.0314.

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INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
SEPTEMBER 18, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

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Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry
or cheese

FALL CABBAGE AND SAUERKRAUT

Most of the fall crop of cabbage, unlike the spring cabbage, goes into storage for winter use, or is made into kraut. This gives a winter supply of one of the best and most useful of all the vegetables, and one that is on hand as a cheap "green" vegetable at any time of year. Judging by the quantity used, cabbage comes second only to potatoes in popularity in this country. In any meal cabbage furnishes a good contrast for flavor and texture, and helps balance food values, according to the Bureau of Home Economics of the U. S. Department of Agriculture.

Sauerkraut, though it has less vitamin value than cabbage, is always an appetizing dish with good mineral values and many possibilities for the table.

For the fall crop--a big one this year--the cabbage grower plants the varieties that develop hard, compact heads--such as the Danish baldhead, Late Flat Dutch, and Wisconsin Hollander. And because this kind of cabbage develops best in comparatively cool weather, it is planted chiefly in the Northern States or in high altitudes, and at a time to make sure of cool weather during the latter part of the growing season. Central and western New York, Wisconsin, Chio, Michigan and north-central Colorado furnish the big commercial crops of late cabbage. Besides these commercial areas there are, of course, many thousands of acres growing cabbage for home use and for local markets.

The Danish baldhead and the Wisconsin Hollander are the varieties that store the best, according to the Department's cabbage specialists. After the heads become hard, they are cut from the stalk and stripped of all loose leaves, hauled to market and then to the storehouse, where they are put, preferably, on slatted shelves with good air space between.

If they are to come out of storage in good condition, cabbage heads must be entirely free from disease of any kind, and they should be free also of injury either by rough handling or by insects. The temperature in the storehouses is kept just above the freezing point (33 to 35 degrees Fahrenheit), and the air is kept moist (humidity 80 to 85 percent). The best storage houses are specially built for cabbage and are frost-proof. Large quantities are put in cold storage rooms, however.

On the farm, the cabbages are stored in various ways--sometimes replanted close together in cold-frames or storage pens and covered with straw and soil, or piled over trenches or pits and covered to prevent severe freezing. More often they are kept in cool, well-ventilated cellars.

Of the commercial cabbage crop, something like one-sixth goes into sauerkraut, the crop and market figures show. Most of the kraut is made in factories

in the big cabbage-growing regions of the States around the Great Lakes. Much of the kraut is canned.

Many people prefer the more acid flavor of kraut from the keg if they can get it when the keg is first opened, and before it has stood long enough for the kraut to deteriorate. Canned kraut, of course, reaches the consumer hermetically sealed.

Good sauerkraut is crisp and easy to chew, never soft and mushy, nor hard and tough, and it should have very little color, though kraut in the keg usually has a deeper, more olive tinge than the canned product. These qualities depend upon the quality of the cabbage and the methods of making the kraut. Almost any variety of crisp, hard cabbage may be used, but the heads must be fully matured and sound. Immature or defective cabbage makes poor kraut.

The characteristic flavor of sauerkraut is due chiefly to the acid that is formed from the sugar in the cabbage, and to the salt that is added. The salt draws out the juice, in which the sugar is dissolved. Lactic acid bacteria, always present on cabbage, ferment the salty juice and create the flavor.

Contrary to the common notion, sauerkraut was probably not invented in Germany. More likely the Tartars, in Asia, made it first and introduced it among the Slavic peoples of eastern Europe, who in turn, introduced it into Germany. So says one authority. However that may be, kraut has long been made in northern and central Europe, and German immigrants brought it to America.

Cabbage fits into almost any kind of dinner, lunch or supper, either as a vegetable or a salad. Coarsely shredded and cooked just a few minutes, then seasoned with butter or salt pork, it is one of the most delicately flavored of the vegetables, and one of the important "protective" foods. Cooked 5 or 10 minutes in milk, with a little thickening of blended butter and flour, it is one of the most attractive and nutritious "creamed" vegetables.

Cabbage, spaghetti, and cheese, scalloped in milk, make almost a whole meal in one dish. Cabbage is also good scalloped with ground peanuts, or with cheese sauce and bread crumbs. Chopped cabbage cooked for 5 or 6 minutes in a little fat and served with fried sausages, or chopped cabbage panned with corned beef, are other tempting combinations.

German steamed cabbage, which combines nicely with ham or corned beef--or with any other meat--is first seasoned with vinegar and later with a little sour cream. Another Old World dish is "filled cabbage". For this the center of the head is cut out, the shell parboiled and filled with stuffing made of the center part of the cabbage chopped fine and combined with ground meat, breadcrumbs, chopped onion and other seasonings. The whole thing is then baked in the oven.

Then there are cabbage rolls, made by folding the separate leaves around a seasoned mixture of chopped meat and bread crumbs, or meat and rice, or rice and raisins. These rolls may be cooked in a baking dish with a little water and served with gravy, or perhaps with well-seasoned tomato juice.

Swedish sweet-sour cabbage cooked with apples, and cabbage scalloped with apples are two other ways of serving this useful vegetable--not to mention cold slaw and salads, which, because the cabbage is raw, contain all the cabbage food values along with the fresh crisp texture that makes the meal more interesting.

Dutch salad is another way to use raw cabbage. The cabbage is shredded and sprinkled with crisp bits of fried bacon or salt pork. Over this a dressing of pork fat, vinegar, salt, pepper, and dry mustard.

Sauerkraut with frankfurters, or with spare-ribs, needs no recommendation. Sauerkraut with macaroni and bits of cured meat makes a good scalloped dish. And the Germans fry sauerkraut in fat in which some onions have been browned. Cooked macaroni goes well with this, too. Another savory sauerkraut dish is made by cooking the kraut for about 5 minutes in browned butter or other fat, and seasoning with celery or caraway seed.

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INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
SEPTEMBER 25, 1935 (WEDNESDAY)

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

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GLUTEN AND THE LEAVENING OF BREADS

"Light bread", as we call it in this country, is wheat bread leavened with yeast. "Light rolls" are made from the same bread mixture. Only one other grain, rye, makes a flour that can be leavened with yeast. So "light bread" or "yeast bread" come to mean, as a rule, bread made wholly or partly with wheat flour. Our other breads, except rye, we classify as "quick breads", and make them with other kinds of leavening -- baking powder, sour milk and soda, eggs, or just air. And often we make them of corn meal, of other flours, or various flour mixtures. Some of the whys and wherefores of different flours and different leavenings are explained by the Bureau of Home Economics of the U. S. Department of Agriculture here:

With wheat flour, yeast, and shortening, the bread mixture is an elastic

dough, which can be "raised" and baked into a loaf of bread that is light and spongy. But as every housekeeper knows, you get a very different result with other grains. The reason is that wheat contains the two proteins which, with water, develop into "gluten". We make bread with liquid -- usually milk or water -- so there is always gluten in a bread made with wheat flour. And gluten is the substance which gives to wheat bread its characteristic texture.

By itself gluten is stringy, and when baked is tough and hard. The more you stir the batter or knead the dough, the thicker, tougher and more elastic it becomes. With leavening, however, the dough stretches or "rises". And the shortening in the bread mixture keeps the gluten from forming strands that would make the bread tough.

Leavening makes bread rise because it produces gas in the dough. With just the right bread mixture, and just the right amount of kneading, the gas bubbles spread all through the dough, and expand it evenly. The result is a sponge-like mass composed of millions of little cells filled with gas. The gas expands with heat, stretching the dough until it is ready to be "set" by baking. This gas is carbon dioxide, or CO_2 as the chemists tell us, given off when yeast is "working" (or in quick breads when baking powder, or soda and sour milk, or soda and some other acid, are stirred into the liquid and flour.)

Yeast leavens, or lightens, the dough by causing fermentation in it. A yeast cake contains the living yeast, which is a fungus, a form of plant life. Like any other living thing, yeast needs moisture and food, which it gets in the dough, and it grows when warmed. So you put the dough in a warm place, and fermentation increases as the yeast cells multiply. But it takes hours, at least, to get your yeast bread ready for the oven, and nowadays, with bakers' bread to be had in any food store, homemade "light bread" is getting to be a thing of the past in many homes.

Yeast rolls, however, are not hard to make at home, and hot fresh rolls are always a treat. To have them any day, you can set the dough to rise the day before and stop the rising at the proper point by putting the dough in the refrigerator, or a cold room (never cold enough to freeze, of course). You can make out your rolls, for that matter, and put them, in the pan, into the refrigerator, take them out next day, let them rise again (for about three-quarters of an hour or less), put them in the oven and in fifteen or twenty minutes more have the rolls ready to serve. (See recipe for "ice-box rolls", below). The dough can be kept for a week or more, with extra ingredients added as more rolls are needed.

To make "quick breads" you use a leavening that works faster than yeast. Biscuits and muffins or waffles are made with sour milk and soda, or with baking powder, which is a combination of acid and soda. These leavenings will "fizz" in the bread mixtures at once, and make the dough or the batter rise promptly.

Steam and air, also, can be made to serve as leavening. Popovers are raised with steam, sponge cake with air. In both these cases, however, you need the help of eggs. The popover batter is very thin -- so thin that if it were made only of flour and milk, or flour and water, the gluten would be spread out so thin it would not stretch enough to make the popover shell. But with eggs in the batter the egg protein, which also "sets" when heated, reinforces the gluten in the batter. When you pour the batter into deep muffin pans and put it into a hot oven, the heat causes steam to form in the batter and expand it until it "pops over" the edge of the pan. Then you lower the heat and bake slowly until the gluten and egg protein in the batter are "set" and the shell is crisp and brown.

Thanks to gluten, then, we may have light breads and cakes and a variety of them -- if we know how to manage the gluten, and especially if we know just how much to stir the batter or knead the dough. Gluten develops with stirring or

kneading, and makes the batter thicker, the dough stiffer. To have wheat muffins free of "tunnels" and peaks, don't stir the batter any more than necessary just to dampen all the ingredients, for you don't want to develop the gluten much. Biscuits, however, should be kneaded a little -- unless, of course, you want drop biscuits, which are made of dough too thin to knead, and which bake with a muffin-like texture. For a rolled biscuit, a little kneading (a dozen to 15 strokes or so) gives a flakey texture and a biscuit that is fairly tall. With less kneading than this, the biscuit spreads, is flatter and more like the drop-biscuit in texture. Too much kneading makes the texture close and tough -- unless you want to go farther and make beaten biscuit.

ICEBOX ROLLS

1 cake compressed yeast
1/4 cup lukewarm water
1/2 cup shortening
1/2 cup sugar
1 egg
1 1/2 teaspoon salt
2 cups scalded milk
8 cups sifted flour

Soften the yeast in the water and add about 1 teaspoon sugar. Cream the shortening. Add the sugar, the beaten egg and cooled milk; then the yeast. Stir in the sifted flour and salt until the dough is stiff enough to knead. Toss on a floured board and knead from 10 to 15 minutes or until the dough is smooth and elastic. Put the dough into a greased bowl, grease the surface of the dough and keep in a warm place until doubled in bulk. Turn on to the board, knead, and again grease the surface of the dough, cover and put in the refrigerator. When you wish to use the rolls, cut off the amount you need. Shape as you desire and put in a warm place to double in bulk, then bake from 15 to 20 minutes in a hot oven (about 400°F.). This dough will be satisfactory for rolls for 3 to 4 days, or even a week.

Less sugar may be used, but the dough loses sweetness when kept over.

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